

## **SESSION 4 AT-A-GLANCE**

**Facilitator-trainees will conduct the following activities:**

### **Exercise 1: Introductions**

### **Exercise 2: How do Drugs and Alcohol Affect Practicing Safer Sex?**

- A. Facilitate discussion around how drugs and alcohol affect a person's sexual decision-making
- B. Conduct "Sophia and Richard" role-play (4-A)

### **Exercise 4: What are the Pros and Cons of Substance Use?**

- A. Facilitate a group brainstorm on the pros and cons of substance use and collect responses on newsprint (as described in the Facilitator's Guide).

### **Exercise 5: How Do Drugs and Alcohol Affect Me Personally?**

- A. Conduct "Carl and Jerry" role play (4-E)
- B. Pass out and review "Do Drugs and Alcohol Encourage Me to Take Risks?" (4-F)

### **Exercise 6: How Does Substance Use Work?**

- A. Explain how substance use affects your body and how your brain is wired to "trigger" thoughts of using substances
- B. Use the "TRIGGERS" poster to introduce and explain the trigger cycle

### **Exercise 7: How to Get Back in Control Again**

- A. Pass out "Trigger Questionnaire" (4-G) and guide participants through filling it out.  
(Note: Be sure to stop on p.31 before distributing rubber bands to the participants.)

**General Tips:**

- You do not have to follow the script in the curriculum word for word. Put it in your own words.
- Make sure you understand the goals and objectives of this session and how it fits into the Street Smart curriculum. Ask your trainers if you have any questions or need clarification.
- Make sure you understand the activity and objective of each exercise.
- Facilitators should divide the session between them, alternating between exercises (see below). Even when not leading an activity, the co-facilitator should be prepared to assist (distributing hand-outs, holding models, answering questions, etc.).
- Anticipate the transition process between activities. Prepare so that the switching between facilitators feels natural and is done smoothly.

**Session-Specific Tips:**

- Make sure that you avoid conveying judgment during the “Pros and Cons” activity. Don’t try to “convince” youth about the dangers of drug use.
- The “Carl and Jerry” role play serves as an introduction to the next activity (“Do Drugs and Alcohol Encourage Me to Take Risks?”) by illustrating that Carl’s drug use influenced him to do things he would not normally do. You should treat these as one seamless activity.
- The “Trigger Questionnaire” can help to demonstrate the link between understanding triggers and the trigger cycle and how this understanding can be used to manage triggers. Remember to have participants spread out while they are filling out the form to maintain confidentiality.

**Facilitator-trainee 1 should facilitate the following activities:**

- Exercise 1
- Exercise 2
- Exercise 5
- Exercise 7

**Facilitator-trainee 2 should facilitate the following activities:**

- Exercise 4
- Exercise 6